



Breastfeeding Policy Guidance



Child Care Centers have a responsibility to follow feeding practices that promote optimum nutrition supporting growth and development in infants, toddlers, and children¹

Child Care Centers that Support Breastfeeding and Accommodate the Needs of Breastfeeding Mothers:

- Champion breastfeeding and recognize the health risks to babies and mothers of not breastfeeding
- Include information about breastfeeding in their policies, parent tours and orientation, parent education materials, and staff training
- Provide space for breastfeeding mothers to nurse their babies and/or pump their milk — i.e. a place to wash their hands; a quiet, comfortable place to nurse; a pillow and stool for comfort in positioning; a glass of water, a refrigerator to properly store their pumped breast milk
- Train their staff to properly and safely store, prepare and feed pumped breast milk; to recognize an infant's signs of hunger and fullness; to mimic breastfeeding techniques when feeding bottles of pumped breast milk; to communicate relevant information to mothers about their infant's milk intake; to develop a plan for babies to be ready to nurse when mothers arrive to pick them up at the end of the day
- Maintain a practice of assigning the same caregiver/teacher to feed the same infant daily
- Provide breastfeeding literature, display posters, and refer mothers to available community resources that support breastfeeding
- Demonstrate acceptance of toddler nursing
- Convey to staff that they are doing the best for the babies in their care

¹American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. 2012. *Preventing Childhood Obesity in Early Care and Education Programs Second Edition: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition*. <http://nrckids.org/SPINOFF/PCO/PreventingChildhoodObesity2nd.pdf>